

BACKACHE IS KIDNEYACHE.

Get at the Cause—Cure the Kidneys.

Don't neglect backache. It warns you of trouble in the kidneys. Avert the danger by curing the kidneys with Doan's Kidney Pills. J. A. Haywood, a well known resident of Lufkin, Tex., says: "I wrenched my back working in a sawmill, was laid up six weeks, and from that time had pain in my back whenever I stooped or lifted. The urine was badly disordered and for a long time I had attacks of gravel. After I began using Doan's Kidney Pills the gravel passed out, and my back got well. I haven't had backache or bladder trouble since."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Life is never a burden to the woman who carries her age well.

Economy is the road to wealth. PUTNAM FADELESS DYE is the road to economy.

The man who plays the favorite doesn't always win by a long shot.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

The First Quill Pens. Quill pens came into use in 553; the first steel ones in 1826, when the first gross of them sold for \$36.

Another Triumph for X-Rays. So successful has the application of the X-rays been in the treatment of children suffering from ringworm, that the Metropolitan Asylums Board, London, has been enabled to discontinue the use of one of the two institutions reserved for such cases.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Dr. H. H. Plummer* In Use For Over 30 Years. The Kind You Have Always Bought.

Schools Spreading in China. A few years ago the foreign missionary schools were practically the only institutions in Foochow offering facilities for the acquisition of western learning. There are now at least 50 native schools fashioned after the foreign model. Foochow is a city of 600,000 inhabitants, and these schools embrace about 2,000 students. Posters placarded all over the city advertise the opening of various modern schools, which are springing up in every nook and corner of the place. Scarcely a week passes without the announcement of the opening of a new school.

Strange Story—But True. F. L. Vandegrift has a new story. It is illustrative of the marvelous fecundity of the English sparrow. "I was pending Sunday with the Dumont Smiths, at Kinsley," said Van, in recounting his experience. "We had been up late the night before and I was a trifle drowsy. I sat out on the front porch listening to the church bells and gazing off into the fillimable space that lies between a shortgrass town and the horizon beyond."

"Presently I dropped my hat into a bed of virginia creeper and dozed off to sleep. I could not have slept more than an hour, for the children were passing the house on the way from Sunday school when I awoke. I rubbed my eyes and glanced over at my hat. In it sat an English sparrow brooding a setting of eggs. While I slept the sparrow had built a nest in my hat, the mother bird had laid a full complement of eggs and had begun the work of hatching them."—Kansas City Journal.

GOOD NIGHT'S SLEEP.

No Medicine so Beneficial to Brain and Nerves.

Lying awake nights makes it hard to keep awake and do things in day time. To take "tonics and stimulants" under such circumstances is like setting the house on fire to see if you can put it out.

The right kind of food promotes refreshing sleep at night and a wide awake individual during the day.

A lady changed from her old way of eating, to Grape-Nuts, and says:

"For about three years I had been a great sufferer from indigestion. After trying several kinds of medicine, the doctor would ask me to drop off potatoes, then meat, and so on, but in a few days that craving, gnawing feeling would start up, and I would vomit everything I ate and drank."

"When I started on Grape-Nuts, vomiting stopped, and the bloating feeling which was so distressing disappeared entirely."

"My mother was very much bothered with diarrhea before commencing the Grape-Nuts, because her stomach was so weak she could not digest her food. Since using Grape-Nuts she is well, and says she doesn't think she could live without it."

"It is a great brain restorer and nerve builder, for I can sleep as sound and undisturbed after a supper of Grape-Nuts as in the old days when I could not realize what they meant by a 'bad stomach.' There is no medicine so beneficial to nerves and brain as a good night's sleep, such as you can enjoy after eating Grape-Nuts."

Name given by Postum Co., Battle Creek, Mich.

"There's a reason."

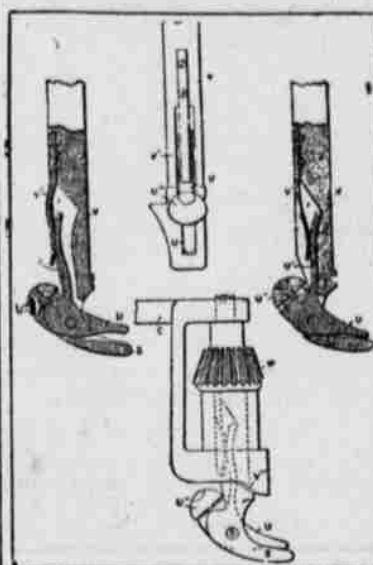
SCIENCE AND INVENTION.

EVOLUTION OF AN INVENTION.

Simple Way in Which the Knot-Tying Part of Harvester Was Developed.

The popular idea that an inventor must be a heaven-born genius, that the faculty of inventing can not be cultivated, and that inventions are made spontaneously by their inventors and wholly out of their imagination, is pronounced a delusion by Edwin I. Prindle, in a paper read before the American Institute of Electrical Engineers at Milwaukee, Wis. Said Mr. Prindle:

"It is undoubtedly true that every inventor must have some inventive or



Essential Parts of the Cord Knotter

creative faculty; but this faculty may be greatly assisted by knowing how. While reasoning can not constitute the whole of the inventive act, it can, so to speak, clear the way for it and render it easier of accomplishment.

"Most of all, inventions are an evolution from some previously invented form. The mind always thinks of the unknown in terms of the known."

"This evolution of an invention is more or less logical, and is often worked out by logical processes to such an extent that the really creative work is greatly reduced as compared with what it would be if done by the imagination alone. Edison is quoted as saying: 'Any man can become an inventor if he has imagination and pertinacity; that invention is not so much inspiration as perspiration.'"

The speaker then explained how he conceived three typical inventions had been evolved. To quote The Sentinel's abstract:

"The first of these was the first automatic valve gear for the steam engine, the invention of a boy, Humphrey Potter. The second example of the evolution of an invention was that of a machine known as the calculagraph, which is used for calculating and recording the charge on most of the toll telephone messages in the United States. It will automatically subtract the time of day when the message began from the time of day when it ceased, and record the elapsed time, and will do this on the one machine for any number of overlapping messages. The third example was the evolution of the knot-tying parts of a self-binding harvester. The speaker showed how the inventor first chose a simple form of knot and then studied the tying of it with his hands until he had devised a way by which he could tie it with the use of only two fingers of one hand. One of the fingers had a simple rotary movement with the arm, and the other finger had, beside the rotary movement, a simple opening and closing movement toward and away from the first finger, to grasp the cord at a certain period in the revolution. Mr. Prindle went through these operations with his own fingers and tied knots to illustrate these motions. With this exhaustive and ingenious consideration of his problem the inventor had only a simple piece of mechanism to produce to accomplish his purpose. The mechanism really only consisted of two mechanical fingers on a shaft, and a cam for working the clamping finger."

How Animals Doctor Themselves.

Man might often take from the lower animals a lesson as to the care of himself when ill. All sorts of animals suffering from fever eat little, lie quiet in dark, airy places, and drink quantities of water. When a dog loses his appetite he knows where to find chiculent-dog-grass—where as a purgative and emetic. Sheep and cows, when ill, seek certain herbs. Any animal suffering from chronic rheumatism keeps as far as possible in the sun. If a chimpanzee be wounded he has been seen to stop the bleeding by a plaster of chewed-up leaves and grass.

American Sewing Machines.

Over 10,000 patents have been taken out on sewing machines. American sewing machines are now sold in every country in the world. They are used for all manner of purposes, for making boots and shoes, awnings, tents and sails, and some of them have an 18 foot bed. Some machines are made for sewing carpet and can sew as much carpet as 100 hand sewers. They are also used to make bags, corsets, hats, caps, gloves, mittens, pocketbooks, saddles and harnesses.

THE WHITE RIVER COUNTRY.

In the opinion of one who has traveled much and observed closely, the most truly and rightfully contented people in the United States to-day are the small landowners in what is known as the Upper White River Country, anywhere from Newport, Ark., to Carthage, Mo. They are contented because their surroundings are ideal and, until recently, the great, uneasy, disquieting world, with its artificial needs and inadequate compensations, has been to them but little more tangible than a dream. Here, still existent, and by reason of their very rarity at this day and time more delectable than in the past, are the conditions which have ever appealed with irresistible force to the independent-spirited Anglo-Saxon. Every man is the supreme ruler of his own little principality; acknowledging no master save the law—and possibly his feminine helpmeet; cringing to no employer; asking no favors from the world, save those that his neighbors freely extend and expect as freely in return. He lives in a latitude where the extremes of heat or cold are never known, and at an altitude that insures perfect health. The richest bounty of Nature has been showered upon him with unsparing hand, but it is a question whether he more than dimly realizes the fact. He accepts as a matter of course the fertile soil which produces in abundance every cultivable growth common to the north temperate zone, the surrounding forests of valuable woods and the underlying strata of precious minerals, the springs and streams of translucent purity on every hand, the wealth of fish and game at his very door, such as less favored mortals annually travel hundreds of miles to find. He is contented, but small credit is his for that, for how could he be otherwise when contentment? It is said that such idealistic conditions may not continue, but it is written that the present possessors of this favored land must soon give place to others more appreciative of its incomparable features. A railroad has recently cut its way through the best of this region, and the unaccustomed rustle of banks notes and chink of coin will eventually tempt the hill-dweller to part with his birthright. So it has always been in the world's history—the good things that are ours without price invariably pass from our hands before we come to understand their value. The White River country will shortly be discovered anew by a class of immigrants better capable of judging its possibilities—the men who seek modest homes where the "lay of the land" will effectively prevent crowding by too close neighbors, where their cattle can fatten on free range—where the wealth of forest and mine awaits development by intelligent workers, and where the same and fish offer enjoyable recreation to all who have leisure and inclination for sport.

YOUNG COLONEL IN DILEMMA

Ways of War Were a New Thing to His Understanding.

At the Army and Navy club in Washington a number of veteran officers were telling stories, when Gen. Chaffee told this anecdote of Gen. Carr, who died in New York some years ago:

It appears that Gen. Carr, at the outbreak of the civil war, had left Troy to take command of a regiment. The engagement in which, as colonel, he first figured was at Big Bethel. His regiment had been halted for rest and refreshment in a pleasant place and had not yet experienced the excitement of a skirmish. It happened however, that the federates were in ambush in the immediate neighborhood and from a safe hiding place they opened fire on the northerners. Carr, so the story runs, instantly put up his hand to his forehead and dashed up to a group of officers. Excitement and bewilderment were apparent upon his young face as he approached the party.

"They are firing upon my regiment!" he shouted. "My God! Now what is to be done?"—Harper's Weekly.

BABY COVERED WITH SORES.

Would Scratch and Tear the Flesh Unless Hands Were Tied—"Would Have Died But for Cuticura."

"My little son, when about a year and a half old, began to have sores come out on his face. I had a physician treat him, but the sores grew worse. Then they began to come on his arms, then on other parts of his body, and then one came on his chest, worse than the others. Then I called another physician. Still he grew worse. At the end of about a year and a half of suffering he grew so bad I had to tie his hands in cloths at night to keep him from scratching the sores and tearing the flesh. He got to be a mere skeleton, and was hardly able to walk. My aunt advised me to try Cuticura Soap and Ointment. I sent to the drug store and got a cake of the Soap and a box of the Ointment, and at the end of about two months the sores were all well. He has never had any more of any kind since. He is now strong and healthy, and I can sincerely say that only for your most wonderful remedies my precious child would have died from those terrible sores. Mrs. Egbert Sheldon, R. F. D. No. 1, Woodville, Conn., April 22, 1905."

Treasured Tickets of Leave.

Among the late Michael Davitt's most treasured possessions were 100 gilt frames, each of which contained a ticket of leave which was granted him after he had served a term of penal servitude for his beloved country.

TAKE OUT STAINS.

THOSE MADE BY FRUIT JUICE MAY BE EASILY REMOVED.

Use Boiling Water for the Slight One And Acids for the Bad Ones. Ones, But Great Precaution Is Needed.

With the frequent service of fruits, the table linen is apt to suffer. Before sending to the laundry the tablecloths and napkins should be examined carefully and the spots removed, as soap sets the stains. Most fruit stains, taken in season, can be removed easily from linen by putting the stained portion over a bowl and pouring a stream of boiling hot water through it. When the spots are obstinate, however, acids must be used. This part of the work always should be done under the supervision of the mistress, to see that all needful precautions are taken to prevent destroying the fabric itself.

Oxalic acid, allowing three ounces of the crystals to one pint of water, will be found useful to be kept on hand for this special purpose. Wet the stain with the solution and hold over hot water or in the sun. The instant the spot disappears rinse well. Wet the stain with ammonia, then rinse again. This many times will save linen.

Javelle water is excellent for white goods and may be made at home or purchased at the druggist's. A good rule for making it calls for four pounds of washing soda, dissolved in four quarts of soft water. Boil ten minutes, take from the fire and add one pound of chloride of lime. Cool quickly, bottle and keep tightly corked. This is strong, and must be handled with extreme care.

Peach stains are the hardest of all fruit stains to remove, but a weak solution of chloride of lime with infinite patience in its application, frequently will effect the desired result.

EXCELLENT STUFFED HAM.

Simple Directions for Cooking This Appetizing and Palatable Dish.

What to Eat gives directions for a stuffed ham, which ought to be very good. For a buffet supper it would be especially attractive. A medium-sized sugar-cured ham is boiled in the usual manner. When done, either slash with a knife, making long, slanting slashes, or puncture to the bone with the carving steel. Prepare a stuffing of bread crumbs seasoned with prepared mustard until the crumbs are quite yellow. Moisten with the water in which the ham was boiled. Mix with the dressing one onion chopped fine, a few sprays of parsley, minced, and plenty of pepper, black or red. Press this dressing in the slashes or punctures, and glaze the ham over with white of egg. Take a large handful of crumbs, some as large as a grain of corn, and others larger; spread these over the top of the ham and moisten them with cream. Place in the oven long enough for the crumbs to brown, which will be long enough also to let the stuffing get hot. Garnish the dish with parsley or fine bunches of watercress.

No Sex in Initials.

There is a bad trick in business letter writing to which men as well as women are addicted," said a business man. "I mean the way people have of signing merely initials and leaving you without a clue as to their sex, consequently without a correct form in which to reply to their communication and without a properly complete notion of their identity."

"For example, I have been for three weeks in desultory correspondence with a client who signed 'S. T. Snits,' we will say. The handwriting was somewhat feminine, and I had my secretary address the answers to 'Mrs. S. T. Snits.' We received a correction this morning from Samuel T. Snits, and discovered that our correspondent is a man."

"At other times women write us, signing merely initials, and several letters are interchanged before we discover that 'P. B. Pipkin' or 'E. L. Skeeter' represent members of the fair sex."

"This is a case where brevity isn't the soul of wit."

Two Good Salads.

Potato Salad.—Boil, peel and chop fine several potatoes; peel and slice half as many onions; have skillet ready with enough bacon fat to fry the onions until tender; salt the potatoes and add to the onions, stirring until well mixed; lastly, add one cup of good vinegar, cover closely and set back to simmer awhile, then serve.

Cabbage Salad.—Boil together one egg, well beaten, one tablespoonful of butter, one tablespoonful of sugar, one-half teaspoonful of salt, three-fourths cup of vinegar, until it thickens; stir constantly; have cabbage chopped fine and pour over it hot. If you will add one-half cup of thick cream to the above, it makes a fine dressing for lettuce.

Embroidered Linen Belts.

Embroidered linen belts are cheap enough, still there cannot be the individuality about them as may be seen in a belt made at home from a single motif of handsome embroidery set on at the center back to a strip of white linen closing in the front with a buckle of one's own choosing, while, perhaps, the buckle will be the only part of the belt that has had to be purchased. Now that the three little bows are worn at the throat much money may be saved by making these at home, the smallest scraps of silk being available for the purpose.

DIAMONDS IN UNITED STATES

Stores to the Value of \$300 Found in Single Year.

Never in the history of the United States has there been such a demand for diamonds as there was in 1905. Large quantities were imported, but the country produced none.

In 1903 it produced diamonds to the value of \$50, in 1901 it had an output worth \$100, in 1900 its production was valued at \$150, and in 1899 the country boasted native diamonds to the value of \$300.

Diamonds have been discovered in the United States in four different regions, but their actual place of origin is unknown. All have been found in loose and superficial deposits, and all accidentally.

It is not at all improbable, however, that some day the original sources of this queen of gems may be discovered. The high price of diamonds has made the recent search for these precious stones in the United States and Canada keener than ever before.—Scientific American.

Alum Baking Powder Is Wholesome.

Dr. Herman Reinhold, the expert German chemist, in a recent official report concerning Baking Powders, declares that a pure alum baking powder is better and less injurious than the so-called cream of tartar powders. He says that if the quantity of alum contained in a sufficient quantity of baking powder for a batch of bread or cakes for an ordinary family, be concentrated to one mouthful of food, and taken into the stomach of any one person, no matter how delicate, it could do no harm. On the contrary, alum is wholesome in proper quantities. This is undoubtedly the reason the State of Missouri quickly repealed a law that prohibited the manufacture of the most wholesome of all baking powders. So much for Alum Baking Powders.

Immense Steel Plates.

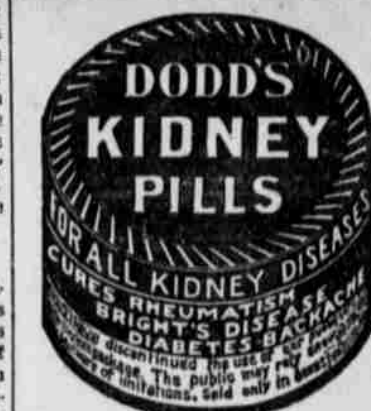
The shell and boilers of the new Cunarder being built at Wallend, England, are said by Consul Metcalf to be constructed of the largest steel plates in the world. They are silicon steel, weighing ten tons each. The boilers alone will weigh over 1,000 tons. Massive ingots and slabs weighing 12 and 14 tons, are continually passing through the rolling mills there for this work.

Training School for Elephants.

There is a training school for elephants at Apl, in the Congo State, where 25 elephants are taking lessons. The training operations have produced encouraging results, says the Tribune Congolaise.

Handkerchiefs Dated from 1743.

The first pocket handkerchiefs, utilized in the manner they are to-day, were manufactured at Paisley in 1743.



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37,500,000 PEOPLE DIE EACH YEAR

In the United States, alone, more than a million die yearly from preventable diseases.

GOOD HEALTH

tells why these startling facts exist. GOOD HEALTH is the oldest health journal in the world, a big handsomely illustrated and ably edited magazine for the home. The price is one dollar a year. Single copies ten cents.

Send twenty-five cents and this advertisement for a trial three months' subscription.

GOOD HEALTH PUBLISHING COMPANY, BATTLE CREEK, MICH.

TUMORS CONQUERED

SERIOUS OPERATIONS AVOIDED

Unqualified Success of Lydia E. Pinkham's Vegetable Compound in the Case of Mrs. Fannie D. Fox.

One of the greatest triumphs of Lydia E. Pinkham's Vegetable Compound is the conquering of woman's dread enemy, Tumor.

The growth of a tumor is so slowly that frequently its presence is not suspected until it is far advanced.



Mrs. Fannie D. Fox

So-called "wandering pains" may come from its early stages, or the presence of danger may be made manifest by profuse monthly periods, accompanied by unusual pain, from the abdomen through the groin and thighs. If you have mysterious pains, if there are indications of inflammation or displacement, secure a bottle of Lydia E. Pinkham's Vegetable Compound right away and begin its use.

Mrs. Pinkham, of Lynn, Mass., will give you her advice if you will write her about yourself. She is the daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge.

Dear Mrs. Pinkham:—

"I take the liberty to congratulate you on the success I have had with your wonderful medicine. Eighteen months ago my periods stopped. Shortly after I felt so badly that I submitted to a thorough examination by a physician and was told that I had a tumor and would have to undergo an operation."

"Soon after I read one of your advertisements and decided to give Lydia E. Pinkham's Vegetable Compound a trial. After taking five bottles as directed the tumor is entirely gone. I have been examined by a physician and he says I have no signs of a tumor now. It has also brought my periods around once more, and I am entirely well."—Fannie D. Fox, 7 Chestnut Street, Bradford, Pa.

EDUCATIONAL.

The Greatest Boarding College in the World

University of Notre Dame NOTRE DAME, INDIANA

We guarantee two things: Our students study and our students behave themselves. 18 Buildings 75 Professors 800 Students. Courses in Ancient and Modern Languages, English, History and Economics, Chemistry, Biology, Pharmacy, Civil, Electrical, and Mechanical Engineering, Architecture, Law, Journalism, Book-binding, Typewriting. SPECIAL DEPARTMENT FOR BOYS UNDER THIRTEEN. TERMS: Board, Tuition, and Laundry, \$400. Send ten cents in the Registrar for Catalogue.

YOU CANNOT CURE

all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach.

But you surely can cure these stubborn affections by local treatment with

Paxtine Toilet Antiseptic

which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness.

Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.

Send for Free Trial Box THE R. PAXTON CO., Boston, Mass.

BUCHAN'S SILVER FLEECE DIP

is unquestionably the best sheep dip on the market. It cures the worst cases of SCAB without injuring the wool, instantly soluble in water at any temperature. Non-poisonous—safe. If your dealer hasn't it in stock, write the CARBOLIC SOAP CO., NEW YORK CITY.

WINTER

Wheat, 60 bushels per acre. Catalogue and sample fruit. Baker Seed Co., Box W. S. L. Tacoma, Wash.

W. N. U., Salt Lake City, No. 35, 1906

BALLARD'S SNOW LINIMENT

Is a Quick and Permanent Cure for

Rheumatism, Cuts, Sprains, Wounds, Neuralgia, Headache, Old Sores, Corns, Bunions, Galls, Bruises, Contracted Muscles, Lamé Back, Stiff Joints, Frost Bite, Chilblains, Ringbone, Pollevis, Burns, Scalds, and ALL THE ILLS THAT FLESH IS HEIR TO.

Three Sizes, 25c, 50c and \$1. Sold by all Druggists.